

ABSTRACT

Title

The influences of health physical training in water environment on the changes of seniors' blood pressure

Aims of the Project

The main aim of this project is to find out the influence of water environment on seniors' blood pressure with application of training programme in the swimming-pool.

Method

At this thesis was used qualitative experimental scheme within the framework of pilot study about the influence of water environment on seniors' blood pressure.

The pilot study include two variables which had the influence on seniors' blood pressure. The first variable was the influence only of water environment on seniors' blood pressure and the second variable was the kinetic intervention at water environment and his influence on seniors' blood pressure.

This project is drafted as case study about the influence of water environment on seniors' blood pressure. A group of seniors' took part in this study. Most of them have kinetic problems and medically regulated blood pressure.

Survey investigation and seniors' blood pressure measurement was practised before training programme in the swimming-pool and after the training programme when they left the swimming-pool. Then the blood pressure was measured at the group of 5 seniors' before entering the swimming-pool, immediately after entering the swimming-pool and after entering the swimming-pool and after finishing the training programme when they left the swimming-pool. The measurement was practised for 10 month, regularly in one day between 13. – 14. (o'clock) p. m. by a standardized digital tonometer.

Results

On the basis of resulting measurements we can state, that kinetic activity at swimming-pool has positively influence the value of seniors' blood pressure.

Keywords

Blood pressure, aging, seniors' kinetic activity, water environment, health swimming.